

ANOTHER
HERB HERBERT FAVOURITE HERBS
FACT SHEET

Mint Spear

Mentha spicata



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This genus consists of 25 often variable species of aromatic perennials and a few annuals, occurring in temperate regions of Eurasia and Africa. Most flower from summer to early autumn. Mints of various kinds have a place in most gardens.

Mentha is the original Latin name for these plants and is derived from the Greek minthe. They are rich in volatile oils of variable composition. It is menthol that gives mints their typical smell and taste, which are simultaneously cool and warming.

DESCRIPTION

Spearmint is a creeping, sweetly scented perennial with bright green, almost ovate, wrinkled leaves. Lilac, pink, or white flowers are borne in a terminal, cylindrical spike.

PARTS USED

Whole plant, leaves, oil

PROPERTIES

An aromatic, stimulant herb that improves digestion and relieves spasms. Oil is less pungent than peppermint oil and is non-irritant.

USES OF THE HERB

Culinary

Leaves are an important ingredient of mint sauce and jelly to accompany lamb, also used for herb teas and iced drinks.

Medicinal

Internally for indigestion, colic, feverish childhood illnesses.

Economic

Oil is used in commercial food flavoring (notably) in chewing gum and oral hygiene preparations.

CULTIVATION

Propagate by cuttings during growing season. Foliage may be damaged by mildew and rust. Always pinch tips to promote a compact growth.

HARVEST

Whole plants are cut as flowering begins, and leaves are cut during the growing season and used fresh or dried.



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Height 30-90cm/12-36in x Spread - indefinite